

## ABSTRACT OF THE DISCLOSURE

The invention is directed to a hot stone therapy apparatus for self-applied hot stone therapy. The apparatus comprises at least one elongated flexible member, and a plurality of stones  
5 connected to each other by means of the at least one elongated flexible member. The stones are capable of storing heat energy from, for example, a bowl of hot water. The distribution of the plurality of stones permit self-application of the stones about a desired area of a person's body such as the shoulders, neck,  
10 or hips of a person.